



Carine Masters Swimming NEWSLETTER SUMMER 2016

Established in 1977, the first Masters Swimming Club in WA Fitness, Friendship & Fun



ANNUAL GENERAL MEETING REPORT:

The meeting was held on Sunday 20th November. Many thanks to Lois for hosting the meeting. Attendance was a little disappointing with only nine members present plus Matt from Ballajura Masters who kindly took on the duty of returning Officer. All committee positions were declared vacant. However, as usual, the old committee rolled over to take up the same positions for 2017! Whilst it is greatly appreciated that these members are prepared to continue on the committee, it would be beneficial to the club if one or two other members were prepared to join in and assist our club build.

“NEW” COMMITTEE:

President: David Davies

Vice President: Marie Stoakes

Secretary: Margaret Roffman

Treasurer: Rachel Wright

Club Captain & Registrar: David Laws

Coach & 1st Aid: David Laws

Gear Officer: Margaret Roffman

Newsletter & Publicity Officer: Jane Laws

Social Secretary: Lois Fleming

Committee member: John Bell

Thanks again to those who stepped forward.

ANNUAL FEE RATIFIED:

The membership fee will increase from \$90 to \$95 to compensate for a rise in the National component which has risen by \$4 to \$42. The State fee is \$34 making a total of \$76 per member. Carine charges members just \$19 per annum. Probably still the lowest annual membership fees in WA.

YOUR FEES CAN BE PAID AFTER DECEMBER 1:

Just log into the Masters Swimming (MSWA) website, go to “membership renewal” & follow the prompts. If you have any difficulties, contact David Laws via this email address:

<carineclubcaptain@gmail.com>



LOOKING AHEAD TO 2017

The LiveLighter Club Challenge (LLCC) each event will now be open to all clubs. This means members will be able to enter any carnival they wish and not be restricted to those that Carine has nominated for, as happened in the past. This will give members greater flexibility and seems to be a good initiative.

Newman Churchlands LLCC is the first on the calendar for 2017 on Sunday 19th February, always a popular event with Carine members.

Keep a “look out” for the latest on all LLCCs in emails from your Club Captain.

MASTERS SWIMMING STATE CHAMPIONSHIPS

At HBF Stadium on 22nd / 23rd April 2017

OPEN WATER SWIM SEASON 2017

2017 Australia Day Swim, Mandurah

26 January 2017, Doddi’s Beach on Halls Head.

Choose between the 1km, 2km or a new 4 km swim. Go to the website for more information:

<http://www.mandurahmannas.org.au>

THE 2017 MASTERS SWIMMING NATIONAL CHAMPIONSHIPS

The event will be held on the Gold Coast in the Southport Commonwealth Games Pool from Wednesday 8th to Sunday 11th March. For further information check the Masters Swimming website: <http://mastersswimming.org.au>

Given the popularity of these events it would be a good idea to start preparing now. Certainly you should be making bookings for accommodation in plenty of time to avoid disappointment.

BREAKING NEWS!

It's Official! Mandurah will host the **2018 Masters National Championships!**

The short course competition will be held from Wednesday 18 April to Saturday 21 April at the Mandurah Aquatic and Recreation Centre. There is plenty of accommodation available in Mandurah and it is just a short drive or train journey from Perth. We hope many members from Carine will attend the event.

CARINE NEWSLETTER ~ SUMMER 2016



HAPPY BIRTHDAY TO: KERRY HODSON & ANDREW LAWS

Those born under this sign are determined and decisive and will research until they find out the truth. Scorpios are great leaders, are brave, resourceful and a true friend.



David Laws was officially presented with his Coaching Certificate by Club Patron, Kay Cox at the Annual General Meeting. He was also presented with an official Masters Swimming WA Coaching T-Shirt. David also recently completed a First Aid & CPR Course.

STAY WELL HYDRATED WHEN SWIMMING!

Ironic as it may seem, you will become dehydrated whilst swimming. It can take as little as 30 minutes to become dehydrated in a pool. Warm air, warm water plus high humidity sap moisture from your body very quickly. Drink a few glasses of water several hours prior to your swim. During your swim top up with at least 1 glass every 15 mins. You need to drink before you feel thirsty because by that time you are already dehydrated.

HAPPY HOUR:

Our November Happy Hour will be on Wednesday 30th November. Bring along your own drinks (non alcohol please) and a small plate of food to share with fellow swimmers over a friendly get together after swimming. We meet in the foyer at Craigie Leisure Centre.

EASY AVOCADO DIP

Combine 125 grm Philadelphia Spreadable Light Cream Cheese, 1 Avocado, peeled & mashed, 2 teaspoons grated lemon peel, 1 tablespoon lemon juice plus salt and pepper to taste. Chopped coriander or chopped parsley may be added if you like.

Spoon into bowl, chill and serve with carrot and celery sticks and / or plain savoury biscuits



**MERRY CHRISTMAS AND A HAPPY,
HEALTHY NEW YEAR TO ALL MEMBERS.**

NEW YEAR RESOLUTIONS!

**KEEP FIT BY SWIMMING ON A REGULAR BASIS,
EAT HEALTHY FOOD**

BE KIND TO ONE ANOTHER AND ESPECIALLY YOURSELF ♥



*IF A PROBLEM CAN BE SOLVED IT WILL BE.
IF IT CANNOT BE SOLVED THERE IS NO USE WORRYING ABOUT IT.
(DALAI LAMA XIV)*

CARINE MASTERS SWIMMING (Inc)

Swimming at Craigie Leisure Centre

Mondays & Fridays 8.00am, outdoor pool for training; Wednesday 6:45pm to 8.00pm, indoor pool, coaching.

POSTAL ADDRESS: PO Box 2468 Warwick WA 6924

THE COMMITTEE FOR 2017:

President: David Davies. Secretary: Margaret Roffman. Treasurer: Rachel Wright. Vice President: Marie Stokes.
Club Captain: David Laws. Registrar: David Laws Social Director: Lois Fleming Newsletter Editor: Jane Laws
Coaching: David Laws & Kerry Hodson (relief coach), Committee Member: John Bell Club Patron: Dr Kay Cox.

Carine Masters Online: <carinemastersswimming.org.au> Webmaster: Andrew Laws

Club Email address: <carinemasters@gmail.com> **Club Captain Email address:** <carineclubcaptain@gmail.com>

Masters Swimming WA: <mswa.asn.au> **MSWA - Email address:** <info@mswa.asn.au>